

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

March 2015

## Peanut Butter Freezer Bars

### Peanut Butter & Banana Breakfast Shake

### Peanut Butter Popovers

### Peanut Butter Squares

### Crunchy Apple Treasures

#### Peanut Butter Freezer Bars

1½ cups fat free skim or 1% milk  
½ cup peanut butter  
1 package (3.9 ounces) instant chocolate pudding  
12 graham cracker squares

1. Mix the milk and peanut butter together in a mixing bowl.
2. Add the pudding to the milk mixture and stir until smooth.
3. Spread a thick layer of pudding onto each graham cracker square. Top with another square.
4. Place crackers on a baking sheet. Freeze.
5. After crackers are frozen, wrap individually and store in the freezer. Serve frozen.

**Nutrition Note:** This recipe makes 6 bars. Each bar has 330 calories, 14 grams of fat, 10 grams of protein, 45 grams of carbohydrates and 350 milligrams of sodium.

## Tips for Healthy Snacking

Keep an Eye on the Size: Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

#### Peanut Butter & Banana Breakfast Shake

1 cup fat free skim or 1% milk  
½ cup frozen banana slices  
1 tablespoon peanut butter  
½ teaspoon vanilla extract  
¼ teaspoon cinnamon

1. Combine all ingredients in a blender and blend until smooth and creamy.

**Nutrition Note:** This recipe makes 1 shake. Each shake has 250 calories, 9 grams of fat, 13 grams of protein, 33 grams of carbohydrates and 180 milligrams sodium.



## Breastfeeding:

### Why breastfeed?

*“My baby was premature, so it was the healthiest thing for him. Even if he wasn't early I would have breastfed anyway. I love the bonding we share while breastfeeding and how much easier breastfeeding is (no bottles, washing, etc.) It is tailored to meet his needs. Nature intended it to be this way!”*

~ LaRae, WIC Breastfeeding Mom from Belcourt, ND

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).

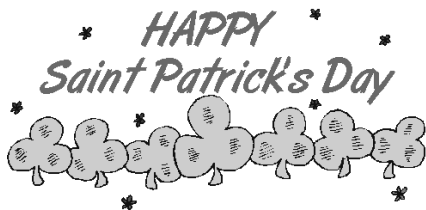


## Peanut Butter Popovers

1 can (10-count) refrigerated buttermilk biscuits  
10 teaspoons peanut butter  
10 teaspoons jelly or jam

1. Preheat oven to 425 degrees.
2. Spread each biscuit out with your fingers to make a larger circle.
3. Put one teaspoon each of peanut butter and jelly/jam on each biscuit circle.
4. Fold each biscuit over and pinch edges together tightly to seal in filling.
5. Place biscuits on a baking sheet and bake for 10-12 minutes.

**Nutrition Note:** This recipe makes 10 biscuits. Each biscuit has 180 calories, 4.5 grams of fat, 5 grams of protein, 32 grams of carbohydrates and 570 milligrams of sodium.

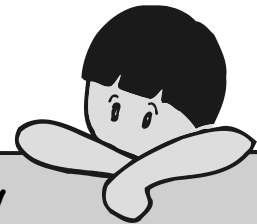


## Peanut Butter Squares

3 cups WIC flake cereal like corn, bran, wheat, Total, or Grape-Nuts  
½ cup brown sugar  
⅓ cup canola or vegetable oil  
1 cup creamy peanut butter

1. Preheat oven to 350 degrees. Coat an 8x8-inch pan with nonstick cooking spray.
2. In a large bowl, mix together cereal, sugar and oil. Press half of the mixture into the bottom of the pan.
3. In a separate microwave-safe bowl, melt the peanut butter in the microwave on high for 30 seconds. If not completely melted, continue melting for 30 seconds at a time.
4. Spread melted peanut butter over cereal mixture. Top with remaining cereal mixture.
5. Bake for 25-30 minutes. Store in the refrigerator.

**Nutrition Note:** This recipe makes 12 bars. Each bar has 250 calories, 17 grams of fat, 6 grams of protein, 21 grams of carbohydrates and 150 milligrams of sodium.



## Turn Off the TV

**Movement Memory:** Do three movements as your child watches. Then have your child repeat those movements. Switch and have your child come up with three movements, and then you repeat them.

Source: Head Start Body Start

## Crunchy Apple Treasures

1 medium apple  
3 tablespoons peanut butter  
3 tablespoons crispy rice cereal

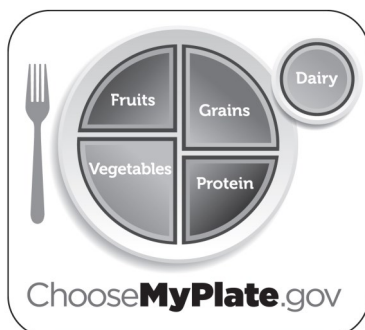
1. Wash and cut apple into 8 slices.
2. In a small bowl, combine peanut butter and cereal.
3. Spread mixture on apples slices.

**Nutrition Note:** This recipe makes 2 servings. Each serving has 200 calories, 12 grams of fat, 6 grams of protein, 20 grams of carbohydrates and 130 milligrams sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children  
North Dakota Department of Health  
600 E. Boulevard Avenue., Dept. 301  
Bismarck, N.D. 58505-0200  
800.472.2286, option 1

## GROWING HAPPY FAMILIES



### How can I use peanut butter?

Peanut butter is a good source of protein, minerals, and vitamins such as folate. It can be eaten in place of meat for meals or added to snacks to keep your child full longer. Serve peanut butter with other WIC foods such as whole grain bread, apples, bananas, or celery.